


Self- Determination in the IEP

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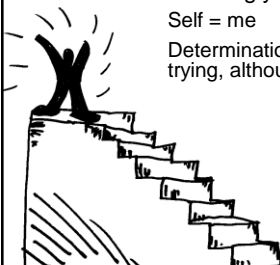



What comes to mind
when you think of
“self-
determination”?



Self- Determination

Controlling your own life
Self = me
Determination = the ability to continue
trying, although it is difficult

What is Self-Determination?

- Knowing and believing in yourself
- Knowing what you want your future to be and how to make plans to achieve this future
- Knowing what supporting you need to take control of your life



Principles of Self-Determination

Freedom

You plan your life with the support that you need.

Authority

You control the money for the support you receive.

Support

You arrange resources and supports—both informal and formal—so you can live in and connect with your community.

Responsibility

You have a valued role in your community and agree to use public dollars wisely.



Present Level of Academic Achievement and Functional Performance (PLAAFP)

- Current Snapshot of the student

Goals

- Skill or behavior the student will learn

Supplementary Aids and Services

- Assure access to regular education classes, other education-related settings, and in extracurricular and nonacademic settings

Individualized Education Program



Self-Determination



Elements of I'm Determined

<https://www.imdetermined.org/resource/elements-of-im-determined>

The Elements of I'm Determined comprises the essential skills necessary for increasing self-determination skills.

Skills	CHOICE MAKING The skill of identifying a path forward for which you believe capable	DECISION MAKING The skill of gathering and evaluating relevant information to make an informed choice that has been thoroughly considered	PROBLEM SOLVING The skill of finding solutions to difficult or complex issues through logical assessment
	Cm	Dm	Ps
	Abilities	GOAL SETTING & ATTAINMENT The ability to identify a goal, set the parameters, and establish a plan	SELF-REGULATION The ability to monitor and control your own behavior, actions, and skills for better outcomes
Gs		Re	Ad
Beliefs	INTERNAL LOCUS OF CONTROL The belief that you are responsible for your own actions and outcomes	SELF-EFFICACY Belief in one's own ability to succeed in specific situations or accomplish specific tasks or behaviors	SELF-AWARENESS The understanding of your own strengths, needs, and behaviors
	Lc	Ef	Aw

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Elements of Self-Determination - Skills

- Choice Making: the Skill of selecting a path forward between two known options
- Decision Making: the skill of selecting a path forward based on various solutions that have been thoughtfully considered
- Problem-Solving: the skill of finding solutions to difficult or complex issues




Opportunity to Practice - Skills




Make Choices

- What to wear
- What to eat




Make Decisions

- Who to spend time with
- How to spend free time
- Dignity of risk




Solve Problems

- Resolve an argument
- Set own priorities



Skills in the IEP

PLAAFP	<ul style="list-style-type: none"> • Checklists of current skills • Experience
Goals	<ul style="list-style-type: none"> • Organization • Using a T chart • Identify alternatives
Supplementary Aids and Services	<ul style="list-style-type: none"> • Increase wait time • Break assignments into smaller steps • Use a planner with time estimates



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Abilities

GOAL SETTING & ATTAINMENT The ability to develop and achieve one's own interests, wishes, and goals to increase happiness. Gs	SELF-REGULATION The ability to monitor and control one's own behaviors, actions, and skills in various situations. Re	SELF-ADVOCACY The skills necessary to speak up and / or defend a cause or a person. Ad
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Elements of Self-Determination - Abilities

- Goal Setting and Attainment: the ability to develop a goal, plan for implementation, and measure success
- Self-Regulation: the ability to monitor and control one's own behaviors, actions, and skills in various situations
- Self-Advocacy: the skills necessary to speak up and / or defend a cause or person

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Opportunity to Practice - Abilities

 <p>Goal Setting</p> <ul style="list-style-type: none"> • Set and adjust • How to plan (steps) 	 <p>Self-Regulation</p> <ul style="list-style-type: none"> • Coping skills • When to take a break 	 <p>Self-Advocacy</p> <ul style="list-style-type: none"> • Knowledge of rights • How to communicate strengths, preference, interest, and needs (SPIN)
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PLAAFP	<ul style="list-style-type: none"> • Checklist • Experience
Goals	<ul style="list-style-type: none"> • Asking for help • Setting own IEP / transition goals and steps • Teach the tools to use the tools
Supplementary Aids and Services	<ul style="list-style-type: none"> • Visual Organizer • SPIN One Pager

Abilities in the IEP



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Beliefs

INTERNAL LOCUS OF CONTROL <small>Belief that individual has control over their own life. They are responsible for how they feel and act.</small> Lc	SELF-EFFICACY <small>Belief in one's own ability to succeed in specific situations or accomplish specific tasks.</small> Ef	SELF-AWARENESS <small>Being understanding of one's own strengths, needs, and abilities.</small> Aw
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Elements of Self-Determination -Beliefs

- Internal Locus of Control: the belief that one has control over outcomes that are important to their own life
- Self-Efficacy: belief in one's own ability to succeed in specific situations or accomplish specific tasks
- Self-Awareness: understanding of one's own strengths, needs, and abilities



Opportunity to Practice - Beliefs



Internal Focus of Control

- Practice! Model!



Self-Efficacy

- Set goals, plan, review
- Practice! Model!



Self-Awareness

- Knowledge your SPIN
- PRACTICE! MODEL!



Principles of Self-Determination

Freedom

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Authority

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You arrange resources and supports—both informal and formal—so you can live in and connect with your community.

Responsibility

You have a valued role in your community and agree to use public dollars wisely.



Elements of I'm Determined

The Elements of I'm Determined comprises the essential skills, abilities, and beliefs necessary for increasing self-determination skills.

	CHOICE MAKING <small>The skill of selecting a task, activity, behavior, or service option.</small> Cm	DECISION MAKING <small>The skill of selecting a path forward based on relevant information that have not been completely considered.</small> Dm	PROBLEM SOLVING <small>The skill of finding solutions to difficult or complex issues.</small> Ps
Skills			
	GOAL SETTING & ATTAINMENT <small>The ability to identify a goal, set an implementation plan, and monitor progress.</small> Gs	SELF-REGULATION <small>The ability to monitor and control one's behavior, and ability to reach objectives.</small> Re	SELF-ADVOCACY <small>The ability to identify a need or problem, and to present a solution.</small> Ad
Abilities			
	INTERNAL LOCUS OF CONTROL <small>The belief that one has control over one's own destiny and is responsible for the life events.</small> Lc	SELF-EFFICACY <small>Belief in one's own ability to succeed in specific situations or accomplish specific tasks.</small> Ef	SELF-AWARENESS <small>Being conscious of one's own feelings, thoughts, and actions.</small> Aw
Beliefs			


Self-Determination Checklists

Self Determination Inventory - Decide Act Believe – Assessment reads aloud, ASL or Spanish – Built in accessibility to defines words, sliders instead of numbers, assessments for students, parents, teachers, or adults (<https://sdiprdwb.ku.edu/index.php>)



I'm Determined Self-Determination Checklist – Two pages – most of the time / sometimes / rarely scale and open questions about goals and understanding rights (<https://www.imdetermined.org/wp-content/uploads/2018/01/selfdeterminationcheckliststudentself-assessment.pdf>)

Adolescent Autonomy Checklist – Looks at skill areas at home to consider where to focus skill building (Personal, Healthcare, Community, Leisure time, Emergency, Home Maintenance, etc.) ([https://www.ohsu.edu/sites/default/files/2018-12/Adolescent Autonomy Checklist updated.pdf](https://www.ohsu.edu/sites/default/files/2018-12/Adolescent%20Autonomy%20Checklist%20updated.pdf))

Transition Skills Checklist – Broken down by category (Communication, Self-Awareness, Self-Advocacy, Activities of Daily Living, Safety, Vision / Hearing, etc.) Checklist is yes or no. (<https://waismanuicedd.wiscweb.wisc.edu/wp-content/uploads/sites/74/2017/05/HTSC.pdf>)



I'm Determined One-Pager



One-Pager

Name: _____
 Today's Date: _____

My Strengths What do I do well in school? What do I do well at home or in my community? What do other people say are my strengths?	My Interests What do I like to do when I'm not in school? What activities or organizations do I enjoy participating in? What are my hobbies?
My Preferences What works for me? What helps me be successful? Where do I see myself in the future: <ul style="list-style-type: none"> • Living? • Working? • Doing for fun? 	My Needs What are the accommodations that help me? How can others help me? What are some things that are difficult for me?



One-Pager

<p>My Strengths</p> <p>Creating things </p> <p>Sharing Ideas </p>	<p>My Interests</p> <p>Flowers </p> <p>Pets </p> <p>Rocks </p>
<p>My Preferences</p> <p>To-Do Lists </p> <p>Having a clear daily schedule</p> <p>Opportunity to ask questions</p>	<p>My Needs</p> <p>To move outside </p> <p>Sunshine / Vitamin D</p> <p>7 hours of sleep / to sleep on a schedule</p>

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Questions?

<p>Skills</p> <p>Abilities</p> <p>Beliefs</p>	<p>CHOICE MAKING The skill of identifying a task, selecting an option, and following through.</p> <p>Cm</p>	<p>DECISION MAKING The skill of gathering up your thoughts, looking for the best solution, and being ready to follow through.</p> <p>Dm</p>	<p>PROBLEM SOLVING The skill of finding a solution to difficult or complex issues.</p> <p>Ps</p>
	<p>GOAL SETTING & ATTAINMENT The ability to identify a goal, plan for achievement, and evaluate progress.</p> <p>Gs</p>	<p>SELF-REGULATION The ability to monitor and control one's thoughts, feelings, and actions to reach a goal.</p> <p>Re</p>	<p>SELF-ADVOCACY The ability to speak up and defend a belief or a person.</p> <p>Ad</p>
	<p>INTERNAL LOCUS OF CONTROL The belief that one can control one's own destiny.</p> <p>Lc</p>	<p>SELF-EFFICACY Belief in one's own ability to succeed in specific situations or accomplish specific tasks.</p> <p>Ef</p>	<p>SELF-AWARENESS The understanding of one's own thoughts, feelings, and behaviors.</p> <p>Aw</p>

We are here to support you!

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